

### 3. How To Thrive In The Workplace

---

*Transcript*

Hi there, I'm Luke from Trinity Church Golden Grove and each week I want to help you be a more confident christian at work, all in 60 seconds.

A recent survey of 20 professionals were asked how they integrated faith and work.

Do you know what they all said was most important?

Good spiritual habits helped them flourish in the workplace.

Make sense doesn't it?

As Psalm 1 tells us,

As we delight in God's instruction, meditating on it day and night,

**We become like a tree planted beside flowing streams that bears its fruit in its season, and its leaf does not wither.**

As Christians we thrive through spiritual disciplines.

Not only word and prayer, but rest, community, music,

Reflection, generosity and studying God's character.

Want to thrive at work as a Christian?

Well, an intimate relationship with God is vital.

So, when you reach for the morning coffee to begin your day,

Why not think intentionally and plan to build good gospel habits into your day,

That can set you up well as you go into your workplace,

To love others and glorify God.